

MY DIABETES CARE CHART

Here is a list of items for good diabetes care suggested by the American Diabetes Association (ADA). Take this card to your primary care provider or diabetes educator when you visit them so that **YOU** can control your diabetes. For life.

Date of visit:				
Every visit:				
Weight				
Blood pressure	/	/	/	/
Review home blood sugar records				
Review self-management goals				
Foot exam				
A1C (every 3–6 months)				
Once a year:				
Cholesterol — LDL/HDL	/	/	/	/
Triglycerides				
Kidney function tests				
Foot check of circulation and nerves				
Flu shot				
Dental exam				
Dilated eye exam				
Pneumonia vaccine (generally once)				

Discuss these issues regularly with your diabetes educator, dietitian or health care provider to improve your diabetes management:

- | | |
|---|---|
| <input type="checkbox"/> Tobacco and alcohol use | <input type="checkbox"/> Depression or mood changes |
| <input type="checkbox"/> Preventing heart attack and stroke | <input type="checkbox"/> Diet and meals |
| <input type="checkbox"/> Ways to improve A1C | <input type="checkbox"/> Physical activity |
| <input type="checkbox"/> Medication/Aspirin use | <input type="checkbox"/> Weight management |
| <input type="checkbox"/> Avoiding or treating complications | <input type="checkbox"/> Stress management |
| <input type="checkbox"/> Avoiding or treating hypoglycemia (low blood sugar) and hyperglycemia (high blood sugar) | <input type="checkbox"/> Sick days |
| | <input type="checkbox"/> Foot care |

Notes/Goals/Concerns:

Name:	Ph: () ()
Doctor:	Ph: () ()
Diabetes Educator:	Ph: () ()
Dietitian:	Ph: () ()
Pharmacist:	Ph: () ()
Foot Doctor:	Ph: () ()
Eye Doctor:	Ph: () ()
Dentist:	Ph: () ()

MY DIABETES CARE INFORMATION



MY DIABETES CARE GOALS*

*ADA Standard 2007

A1C Target:	_____	less than 7%
Blood Pressure Target:	_____	less than 130/80
LDL Cholesterol Target:	_____	less than 100
HDL Cholesterol Target:	_____	men greater than 40
	_____	women greater than 50
Triglycerides Target:	_____	less than 150

To find a diabetes educator near you:
American Association of Diabetes Educators
1-800-338-3633 www.aadenet.org

National Diabetes Education Program
1-800-438-5383 www.ndep.nih.gov

For more information about diabetes:

Washington State Department of Health
Prevention & Control Program
1-888-438-2247
www.doh.wa.gov



Tobacco Quit Line:
1-800-784-8669
www.quitline.com



Dear Colleague,

The Washington State Department of Health (DOH) is pleased to provide camera-ready art for printing this educational material. To ensure that the original quality of the piece is maintained, please read and follow the instructions below and the specifications included for professional printing.

- **Use the latest version.** DOH materials are developed using the most current information available, are checked for clinical accuracy, and are field tested with the intended audience to ensure they are clear and readable. DOH programs make periodic revisions to educational materials, so please check this web site to be sure you have the latest version. DOH assumes no responsibility for the use of this material or for any errors or omissions.
- **Do not alter.** We are providing this artwork with the understanding that it will be printed without alterations and copies will be free to the public. Do not edit the text or use illustrations or photographs for other purposes without first contacting us. Please do not alter or remove the DOH logo, publication number or revision date. If you want to use a part of this publication for other purposes, contact the Office of Health Promotion first.
- **For quality reproduction:** Low resolution PDF files are intended for black and white or color desktop printers. They work best if you are making only one or two copies. High resolution PDF files are intended for reproducing large quantities and are set up for use by professional offset print shops. The high resolution files also include detailed printing specifications. Please match them as closely as possible and insist on the best possible quality for all reproductions.

If you have questions, contact:
Office of Health Promotion
P.O. Box 47833 Olympia, WA 98504-7833
(360) 236-3736

Sincerely,
Health Education Resource Exchange Web Team